

YOU NEEDN'T GO TO CARLSBAD TO REDUCE YOUR WEIGHT—BROWN BREAD, SOUR MILK AND EXERCISE WILL DO IT AT HOME, WRITES BILLIE BURKE, SIGHT SEEING IN THAT FAMOUS EUROPEAN CURE-THE-RICH-AND-FAT RESORT



HOTEL ALTE WIESE, CARLSBAD, Aug. 4.—When you are in Carlsbad it looks as though every fat woman in America who had enough money to get there is taking the cure.

You know, you really can't do anything else but take the cure at this, the most famous of all health resorts unless you do as I did and get ill. The town itself boasts of only 1,600 inhabitants, but 150,000 people (mostly English, Germans and Americans) come here every year. Before the spouting fountain of "The Sprudel" prince and pauper have stood for the last 500 years asking the same boon and receiving equally of its healing waters. Every house in the village throws open its doors to those who seek cures at the springs.

Of course, you know there are fashions in illness and just think of poor little me getting appendicitis after it has almost gone out of style. Just now it seems to me that uric acid troubles hold the palm among the rich and elegant. Most of the fashionable people who come to Carlsbad come for some uric acid trouble. You can trace their troubles to too much eating and drinking and too little working and walking. The

THEY ARE FAT—SOMETIMES FAIR, AND USUALLY FORTY.

Usually forty—the men are puffy-eyed and pale in the way that tells of gout and other kidney troubles.

The most popular spring for the fat person is the Schlossbrun, and if you have the money and will take the whole cure (which means virtually living on sour milk, baked bread and walking to the spring every time you take a glass of water) you can easily take off a pound a day during the cure.

To make this cure perfect you must get up and stroll through the Alte Wiese, stopping to buy your breakfast somewhere, for, of course, your doctor has prescribed a certain kind of bread, and to follow his instructions you must carry your bread always with you.

give anything to be thinner," said a woman who would weigh 200. I wanted awfully to say to her that she did not mean what she said for no one need be too stout.

The woman speaking would rather have luxuries and flesh than Spartan diet and a good form. She would rather ride than walk. And so she comes to Carlsbad once a year because here she can go through the simple food and much exercise "cure" in the company of other fashionable people. Brown bread and sour milk are expensive at Carlsbad and so they are popular with people of wealth, but brown bread and sour milk are just as healthful at home, and when taken with plenty of exercise, they will reduce one's flesh without going to the great Pollemian health resort, and then, you know, you might get appendicitis.

Heat a Menace to Lives of Old Folks

Sickness and Misery Result From Clogged Bowels in Hot Weather.

People advancing in years should be very careful of their health during the hot months, as heat has a very enervating and weakening effect on them. One has only to look at the daily list of fatalities to elderly people reported by the papers to realize that these are the hardest months for them to overcome.

The easily digested foods should be eaten, and then only sparingly, and alcoholic beverages and food things should be avoided as much as possible. Exercise should be taken daily in the shade. Most important of all in the maintenance of health and vigor at this time is to avoid constipation, with its accompanying headaches and muscular and blood congestion. This is accomplished by the timely use of a gentle laxative like Dr. Caldwell's Syrup Pepsin. It is the ideal laxative for elderly people, as it is mild, tastes pleasant and does not gripe. Best of all, it contains valuable tonic properties that build up and strengthen the system.

Elderly people should avoid strong physics, cathartics, purgatives, salts and pills, as they are a shock to the system. In the opinion of reliable people like Mrs. C. J. Nicholas, 2019 Emerson st., Berkeley, Cal., who esteems it a benefit to mankind, and



Ida C. Milchsack, 210 N. Law st., Allentown, Pa., who declares that her stomach and bowels are now in perfect working order, Dr. Caldwell's Syrup Pepsin is the right remedy to use. It can be obtained of any drugstore at fifty cents or one dollar a bottle. The latter size is bought steadily by those who already know its value.

Families wishing to try a free sample bottle can obtain it, postpaid, by addressing Dr. W. B. Caldwell, 418 Washington st., Monticello, Ill.

It has been suggested that this indicates an intention to safeguard British shipping through the Isthmus as is done in the Mediterranean.

Officials realize that the problem raised is a tremendous one, involving as it may, the very life of the Monroe doctrine and marking perhaps a complete revolution in foreign naval policy in the western hemisphere. For it is expected that if Great Britain and the West Indies, officials likewise realize that with the opening of the canal, the United States must contend with Japan for the domination of the Pacific.

EXPEDITIONARY ARMY LEAVES FOR CARACAS

CARACAS, Aug. 4.—The expeditionary army mobilized to invade the states where rebel forces are operating left Caracas Sunday.

The government Sunday announced that the federal forces had achieved two new victories in the state of Tachira. At Urena Col. Neto is reported to have defeated Gen. Figueroa and at Espinazo Caballo General Bello is said to have been victorious over Gen. Penuela.

Thomas W. Voetter, consul at La Guaira, has been ordered by Secy. of State Bryan to come to Caracas and take charge of the American legation, the duties of which are now being performed by a clerk, Cyrus N. Clark, vice consul, will remain in charge of the office at La Guaira.

MUTINY FEARED WITHIN CANTON

Situation in Chinese City is Grave—Soldiers Patrol the Streets—International Fleet Augmented by New Arrivals.

CAMOY, Aug. 4.—The cruiser Hal Chen, which has been in the hands of the southerners at Fu-Chow, has deserted their cause.

FEAR SIEGE OF CANTON.

HONG KONG, Aug. 4.—The situation in Canton remains serious. The electric lights are cut off at midnight and the people are fearful of a mutiny. Trains, junks and other vessels leaving the city are packed with refugees. A siege of Canton is expected with the arrival there of Gen. L. ng Chi-Kuang, commander of the government forces in the province of Kwang-Sir, who is moving southward on the city with his army. Soldiers are patrolling the streets of Canton, as the police there are unreliable. Seventy traitorous soldiers were shot in that city Friday. A reward of \$50,000 has been offered for the head of Gov. Chan of Canton. Men with guns from British and French warships are guarding the Shamen or foreign quarters of Canton, where valuables worth millions of dollars are stored. The international fleet lying off the city has been augmented by the arrival of American, German, Japanese and French men of war. Soldiers have been sent from Hong Kong to Canton and three naval vessels here are ready to start for that point at a moment's notice with stores and additional troops. Missionaries who have been recalled from disaffected districts are arriving in Hong Kong by hundreds. Fifty thousand refugees came into this city last week.

Wilson Finds It Hard To Keep Bachelor Hall. WASHINGTON, Aug. 4.—Pres. Wilson has entered into the summer life of the national capital with the tolerant spirit of a veteran resident. Declining to leave Washington while congress is in session, he is making the best of the hot weather by a methodical program of work and recreation. Fond of long automobile rides and golf, the president devotes two hours in the late afternoon to refreshing himself from days of congested engagements and conferences. In the evening he is frequently at his office and though he has few callers, there is always a stack of correspondence or official papers for his consideration. Keeping "Bachelor hall" is a trying ordeal for Pres. Wilson as he has rarely been away from the family circle for an extended period. No friends have been invited to visit, and though occasionally he dines with a cabinet member, the president is content with the company of Secy. Taft and Dr. Grayson. With them he goes automobiling after the day's work is done and quite regularly they attend the theaters where stock company plays have been running. In simple contrast to the winter season, the president wears a linen suit to the theater instead of evening dress. He has taken a fancy to the white suits of tropical fashion and when he appeared recently in a duck suit, members of the cabinet and other official folk followed suit.

DOES NOT BELIEVE HER JEWELS ARE WITH BROKER

NARRAGANSETT PIER, R. I., Aug. 4.—Mrs. John Hanan announced Sunday that she placed no credence in the published report that her missing jewels had been located in the safe of a Boston broker.

"I don't understand how the jewels could have been pledged," said Mrs. Hanan. "Unless it is the work of the thieves. I think that it is just another of the many stories started by those 'mysterious' detectives."

ENGLAND WANTS BASE IN BERMUDA

Believed an Intention to Safeguard British Shipping Through Panama Canal—Involves Monroe Doctrine.

WASHINGTON, Aug. 4.—Keen interest has been aroused in official circles here by a report, reaching the state department, that Great Britain is contemplating establishing a great naval base in the Bermuda islands. It is authoritatively stated that the British government has made inquiry concerning the plans of the United States for the protection of the Panama canal routes, and

CONTROLLING SYMPTOMS IN DIABETES

A technical medical friend said, "You don't cure diabetes; you make them think they are better and prolong their lives for a while."

Suppose that is true and suppose Mrs. Kline of San Francisco, a niece of the late U. S. Supreme Court Justice Stephen J. Field, was not cured when she had gangrenous nails and was given but six months to live when she went on Fulton's Diabetic Compound sixteen years ago? Suppose that a test would still show some sugar and that she has even now to take the compound occasionally to keep well?

And suppose that a professor in one of the Universities of Virginia who was given up with Diabetes in 1880 was still living at last advised in 1912 and had been performing his duties these twenty years and as the result of this treatment? Are there not thousands of diabetics in the United States who would be delighted to have the same experience and if they can have it don't they owe it to their families?

If you have Diabetes and are middle-aged or over you owe it to yourself and family to try Fulton's Diabetic Compound before giving up. It can be had at Woods & Strickland's.

Ask for pamphlet or write John J. Fulton Company, San Francisco—Advertisement.



JOHN T. NIEZGODZKI.

The man most capable to perform the duties of mayor of a large city is the man who has built up a successful business and conducted it along lines of honesty and integrity. Mr. John T. Niezgodzki has built up just such a business. Solely through his own efforts he has become one of South Bend's most substantial and most respected citizens.

Mr. Niezgodzki is a candidate, who, because of his wide experience, both as an employer and an employee, is especially fitted to guard the privileges of labor as well as capital. Because of his residence of forty years in this city, and because he has always taken a keen interest in civic and political affairs, he is peculiarly fitted to carry into effect much needed reforms.

Mr. Niezgodzki is a lifelong Democrat. He has never held any political office, except an appointment to the Board of Public Safety under Mayor Fogarty where he conducted his office in such a manner as to secure the endorsement of the Mayor and the general public.

If given the Democratic majority nomination on August 6th and elected in November, Mr. Niezgodzki promises to give the citizens of this city a thorough business administration. His appointments to office will be determined by the qualifications of each candidate and not by political or personal motives.

GEO. WYMAN & CO.

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1,200 Yards

36-inch Fancy Scrims, yard 14c

Beautiful drawn work borders, and barred effects. In white, cream and ecru. Regular 25c yard, Tuesday 19c. (Third Floor.)

White or Cream

Cluny, Shaddow Banding . . 25c

Also including imitation Venice, all dainty patterns, from 2½ to 6 inches wide. Regular 50c to 75c lace. Tuesday 25c. (First Floor.)

18 to 20-inch

Embroidered Flouncing, yard 25c

In voile and batiste. Oriental lace and corset cover lace, white embroidery figures. Regular 50c to 75c lace. Tuesday 25c. (First Floor.)

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Shaddow Flouncing, yard . . 45c

White and Paris color. Sold regular 85c to \$1.00. Tuesday 25c

ANNUAL BLANKET SALE NOW ON

STATEMENT No. 18.

What The Papers Say About Hammerschmidt

"Mr. Hammerschmidt is one of the best known of the younger lawyers in South Bend. Some time ago he served as deputy prosecuting attorney and of recent date attracted considerable attention because of the excellent manner in which he handled the interline switching cases."

South Bend Tribune, June 14, 1913.

"Hammerschmidt distinguished himself last fall by routing an entire brigade of railroad attorneys before the state commission."

South Bend NewsTimes, June 18, 1913.

"Mr. Hammerschmidt is 33 years of age and is a man of six years' active experience in his profession. His connection with the City Court cases in the past has clearly demonstrated that he is a man of ability in this direction, and is not only competent, but thoroughly reliable to perform the intricate duties of the position which he seeks. Voters of every creed make no mistake and cast their ballot for Mr. Hammerschmidt."

The Interurban Journal, July 7, 1913.

"His work and education has been such as to eminently qualify him for the important position which he now seeks. All his life a hard worker, he knows well what labor means, and sympathizes with all of that class, believing thoroughly in the exemplification of that old adage, 'By the sweat of the brow shall thou eat thy bread.'"

The Interurban Journal, Aug. 1, 1913.

"The Bennett White Slave case is said to have been the first to be brought under the new Indiana law. The prosecution had no form by which it could be guided; no precedents to follow. That the situation must have been perplexing is certain. The success of the prosecution was due to the efforts of Mr. Montgomery and Mr. Hammerschmidt, and they deserve much credit for the successful culmination of the case."

The Tribune, Nov. 3, 1911.

One of a number of editorials while deputy prosecutor.



LOUIS M. HAMMERSCHMIDT

Democratic Candidate for the Nomination for Judge of the City Court.

My number is 12-A on the voting machine.

—Advertisement.

FOR THIS HAVE WE DAUGHTERS

